# BY-LAWS,

ESTABLISHED BY THE TRUSTEES

OF THE

# STATE LUNATIC HOSPITAL,

IN

WORCESTER.

1845.

# INDEX.


CHAP. 1. Organization and Meetings of the Board of Trustees.
" 2. Officers of the Hospital, Tenure of Office, and Salaries.
" 3. Duty of Supreintendent.
" 4. Duty of Treasurer.
" 5. Duty of Assistant Physicians
" 6. Duty of Steward.
" 7. Duty of Matron.
" 8. Duty of Chaplain.
" 9. Duty of Clerk and Apothecary.
" 10. Duty of Supervisors of Departments.
" 11. Duty of Overseers of the wings.
" 12. Duty of Overseer of the Laundry.
" 13. Duty of Overseer of the Bakery.
" 14. Duty of Overseers of Work-shops.
" 15. Duty of Watchman.
" 16. Duty of Farmer.
" 17. Duty of Attendants.
" 18. Treatment of Patients.
" 19. Attendance upon Religious Services.
" 20. Miscellaneous Regulations.

# BY-LAWS.

## CHAPTER I.

### ORGANIZATION AND MEETINGS OF THE BOARD OF TRUSTEES.

SEC. 1. The Board of Trustees shall be organized as soon as may be after the annual appointment of the members, at a meeting to be called by the Trustee who is first named in the commission of the Governor, at which meeting one of the Trustees shall be appointed Chairman, and another Secretary of the Board. In case of the death, sickness, or absence of the Chairman, such other Trustee as may be first named in the commission of the Governor, shall perform the duties of Chairman, until the Board, at its next following meeting, shall make an appointment.

SEC. 2. The Chairman shall call meetings of the Board as often as he may deem the same expedient, or whenever he shall be requested to do so by any two Trustees. He shall preside at all meetings, shall prepare the Annual Report required to be laid before the Governor and Council, and shall be the organ of the Board in receiving and preparing all official communications in relation to its concerns.

SEC. 3. The Secretary shall keep a record of the proceedings of the Board, and shall prepare or cause to be prepared all documents, statements and notices which may be directed by the Board or by the Chairman. Whenever directed by the Board or Chairman, he shall give notice in writing to each

Trustee of the time and place appointed for a proposed meeting of the Board. He shall promptly communicate to the Treasurer all the proceedings of the Board in relation to the settlement of accounts with patients, and the financial concerns of the Institution. To assist him in the performance of his duties, he shall be authorized to employ the Clerk residing at the Hospital.

Sec. 4. The monthly, semi-annual, and annual visitations of the Hospital shall be made, so far as may be, in connection with the meetings of the Board; and otherwise, in conformity to such arrangement as the Board may from time to time adopt.

A meeting of the Board shall be always held in the month of December, for the purpose of receiving the Annual Report of the Superintendent of the Hospital, and of considering and adopting the Annual Report of the Board, as prepared by the Chairman, in order that the same may be seasonably laid before the Governor and Council.

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## CHAPTER II.

### OFFICERS OF THE HOSPITAL, TENURE OF OFFICE, AND SALARIES.

Sec. 1. For conducting efficiently and economically the business of the institution, the following officers shall be appointed by the Trustees, viz: a Superintendent, a Treasurer, two Assistant Physicians, a Steward, a Matron, and a Chaplain.

Sec. 2. The several officers appointed by the Board shall hold their offices during the pleasure of the Board, and shall not resign their offices without giving to the Board at least six months notice of their intention so to do.

Sec. 3. The salaries of the officers shall be established as follows, viz:—

The Superintendent shall receive the sum of eighteen hundred dollars *per annum*, and shall be provided with furnished apartments, and also board and fuel for himself and family, together with the services of one female domestic, and horse-keeping for one horse.

The Treasurer shall receive the sum of two hundred and fifty dollars *per annum*.

Each Assistant Physician shall receive the sum of five hundred dollars for the first year, six hundred dollars for the second year, and seven hundred dollars for the third and every succeeding year, together with board and fuel, and the use of a furnished apartment.

The Steward and Matron shall receive jointly the sum of seven hundred dollars *per annum*, together with board and fuel, and the use of furnished apartments.

The Chaplain shall receive the sum of six hundred dollars *per annum*, together with board and fuel, and the use of a furnished apartment.

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## CHAPTER III.

### DUTY OF SUPERINTENDENT.

Sec. 1. The Superintendent shall be a Physician, and shall constantly reside at the Hospital.

Sec. 2. He shall have the superintendence of the Hospital, and of all the buildings and grounds connected therewith, the oversight and charge of the patients, and the general direction of all the concerns of the Institution, subject to such regulations as may be from time to time established by the Trustees.

Sec. 3. He shall visit all the patients personally, or learn their condition daily, and as much oftener as may be necessary, and shall direct such medical, moral and physical treatment as may be best adapted to their relief, giving the fairest trial to kind and moral management.

Sec. 4. He shall cause to be kept a record showing the name, age, and residence of each patient, time when received and removed, whether cured or relieved, whether eloped or dead, and if dead, from what cause.

Sec. 5. He shall receive and answer all communications relating to the concerns of the Institution, and shall cause a record of his correspondence to be regularly kept.

Sec. 6. Under the general direction of the Trustees, he shall from time to time appoint such persons as he may deem qualified to perform the duties of Clerk and Apothecary, Supervisors of Departments, Overseers of the Wings, Overseers of the Laundry, Bakery and Workshops, Watchman, Farmer, and also all necessary Attendants in the galleries, laundry, bakery, kitchen, workshops, and on the farm, and shall contract with them to perform the services required of them by the by-laws, on such conditions and at such rate of weekly or monthly wages as he shall deem expedient.

He shall see constantly that all persons thus appointed by him, and also all subordinate officers appointed by the Board, perform faithfully the duties required of them, and from time to time he shall give them such instructions as he may deem necessary to secure the exact and thorough performance of their respective duties.

He shall be authorized to discharge from service any of the persons thus appointed by him, upon their request, or whenever he shall cease to be satisfied in respect to the performance of their duties.

Sec. 7. At each monthly visit of the Trustees, he shall exhibit all the records, and in a verbal or written report shall make known the state of the Institution, specifying the cases of patients received or removed during the month, and accompanying the same with such suggestions and remarks as he may deem useful.

Sec. 8. At the annual meeting of the Trustees, he shall submit a report in writing upon such topics as may have been suggested by the progress of the Institution and the experience of the year, including therein a tabular statement comprising all important particulars from the records.

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## CHAPTER IV.

### DUTY OF TREASURER.

Sec. 1. The Treasurer shall give bonds for the faithful performance of his duties, in the sum of fifteen thousand dollars, with such sureties as shall be approved by the Trustees.

Sec. 2. He shall receive, hold, and disburse all the moneys which may be granted by the Legislature or obtained from other sources for the use of the Hospital; and once in each year, and oftener if required by the Trustees, he shall exhibit an account of his receipts and expenditures, with all the vouchers therefor, for the examination of the Board.

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## CHAPTER V.

### DUTY OF ASSISTANT PHYSICIANS.

Sec. 1. The Assistant Physicians shall always be physicians, and shall constantly reside at the Hospital.

One of them shall have charge of the Male Department, and the other of the Female Department, and each shall exercise a general supervision of the department assigned to him, under the direction of the Superintendent.

Sec. 2. The Assistant Physicians shall visit all the patients in their respective departments daily, and oftener if necessary; carefully observe their condition, wants, and treatment; and see that they have food, medicine, exercise, amusements, clothing and bedding suitable for them; exert what moral influence they can with them, and endeavor in every way to promote their comfort and recovery.

Sec. 3. They shall see that the subordinate officers and attendants are faithful and kind, attentive to the wants of the patients, and vigilant in the discharge of all their duties; and they shall enter in a book kept for the purpose all instances of neglect of duty observed by them or of which they may receive information, which shall be immediately reported to the Superintendent.

Sec. 4. For the due performance of the duties enjoined in the foregoing sections, they shall spend much time in their respective departments, shall be in constant communication with the Supervisors, Overseers and Attendants, and shall carry out the plans and instructions of the Superintendent in the best manner they are able.

Sec. 5. They shall report to the Superintendent daily the general condition of their respective departments, and the particular state of such patients as may be sick or greatly excited, requiring restraints or seclusion.

Sec. 6. They shall attend to the warmth, cleanliness, ventilation, and good order of their respective departments, and superintend the use of the baths.

Sec. 7. They shall keep records of the cases of all the patients in their respective departments, describing the symptoms, the changes that may occur from time to time, the mode of treatment, and all the peculiar circumstances connected therewith.

Sec. 8. They shall attend to visiters when necessary; and shall always be ready to perform whatever services may be required of them by the Superintendent.

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## CHAPTER VI.

### DUTY OF STEWARD.

Sec. 1. The Steward, under the direction of the Superintendent, shall purchase furniture, fuel, stores, stock for the workshops, implements and cattle for the farm, and all other necessary articles, and shall be responsible for the economical use of the same.

Sec. 2. He shall keep clear and methodical and exact accounts of all receipts and expenditures, and of charges against patients, and shall submit the same together with proper vouchers therefor, to the Treasurer, at least once in three months, and as much oftener as the Treasurer shall require.

Sec. 3. Under the direction of the Superintendent, he shall attend to engaging and discharging the subordinate officers and attendants, and to the settlement of their wages, for which latter purpose he shall keep regular accounts with them.

Sec. 4. He shall constantly observe the conduct of the subordinate officers and attendants, and see that in all respects they do their duty, and forthwith report to the Superintendent any instance of misconduct or negligence on their part, which he may observe or of which he may be informed.

Sec. 5. He shall attend particularly to the business of the laundry, bakery, work-shops and farm; shall see to the cleansing of the sewers as often as may be necessary, and that the grounds, yards, and roads, the aqueduct, laundry, bakery, work-shops, barns and other out-buildings, and also the chapel and hall, are always kept in good order, in conformity to such directions as he may receive from the Superintendent.

Sec. 6. He shall perform all services that may be required of him in maintaining the police of the establishment—shall see to the opening and closing of the house, and that the Attendants rise and commence business immediately after the ringing of the bell, and that they retire in proper season at night—that the bell is rung at proper times, and that the fires are regularly kindled and extinguished; he shall go in search of elopers, shall observe the conduct of inmates at the religious and other meetings, and when in the wings shall exert all the good influence he can to promote the comfort and recovery of the patients.

Sec. 7. He shall receive visiters, give them all suitable information, and accompany them personally, to such parts of the buildings and grounds, as, by the permission of the Superintendent, are open for examination.

Sec. 8. He shall be at all times ready to perform whatever extraordinary services shall be required of him by the Superintendent.

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## CHAPTER VII.

### DUTY OF MATRON.

Sec. 1. The Matron shall have the general direction of the domestic concerns of the Hospital.

Sec. 2. She shall attend to the cleanliness and good order of the apartments, have care of the cooking, sewing, clothing, and bedding, and, in connection with the Steward, shall take the general direction of the washing, ironing and baking.

Sec. 3. She shall see that all the female attendants are faithful and diligent in the discharge of their duties, kind and pleasant to patients wherever they meet them, discreet and

regular in their deportment, and that they observe all the regulations of the Hospital.

Sec. 4. She shall be in the way of seeing the patients frequently, and shall be careful always to exert a good moral influence on them and the attendants, and shall spare no effort to promote the comfort and good order of the household.

Sec. 5. She shall be at all times ready to perform whatever extraordinary services shall be required of her by the Superintendent.

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## CHAPTER VIII.

### DUTY OF CHAPLAIN.

Sec. 1. The Chaplain shall conduct religious worship in the chapel on the Sabbath, as well as on such other days as may be set apart for religious observance by the authorities of the Commonwealth.

Sec. 2. He shall also attend daily devotional exercises in the chapel, and, whenever he may be requested, shall officiate at funerals.

Sec. 3. He shall perform all such other services relating to moral and religious instruction, as may be authorized and requested by the Superintendent.

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## CHAPTER IX.

### DUTY OF CLERK AND APOTHECARY.

Sec. 1. The Clerk and Apothecary shall keep the records of the Hospital under the direction of the Superintendent; he shall copy, seal and direct letters, make copies of all documents and other papers, post the books of the Steward, keep the weather table, and perform all other clerical services which may be required by the Superintendent, or by the Secretary of the Board of Trustees.

Sec. 2. He shall also prepare and put up the medicines prescribed by the Superintendent and Assistant Physicians.

Sec. 3. He shall keep the office in order, wait upon visiters, and perform whatever other services shall be required of him by the Superintendent.

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## CHAPTER X.

### DUTY OF SUPERVISORS OF DEPARTMENTS.

Sec. 1. The Supervisors of Departments shall spend their time in the immediate oversight of the patients committed to their charge, shall constantly observe their condition in every particular, shall see that they are provided with food, medicine, exercise, and amusements, as directed by the Superintendent and Assistant Physician, shall be constantly careful to exert a good moral influence upon the patients, and in every way shall do all in their power to promote their welfare and recovery.

Sec. 2. They shall receive the orders of the Superintendent and Assistant Physicians, and see that they are properly and thoroughly executed.

Sec. 3. They shall see that the sick are provided with nurses and treated with the greatest care; and they shall take charge of the necessary arrangements for the burial of the dead.

Sec. 3. They shall always take care that the regulations of the Hospital are strictly observed by the attendants and patients; and if they shall see or learn that any attendant has failed to be faithful, kind and vigilant, or has been guilty of any abuse of trust or neglect of duty, they shall report the case immediately to the Superintendent, or Assistant Physician.

Sec. 5. They shall be ready at all times to perform any services which may be required of them by the Superintendent.

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## CHAPTER XI.

### DUTY OF OVERSEERS OF THE WINGS.

Sec. 1. The Overseers of the Wings, shall take care of all stores sent into the wings, and shall prepare food for the patients and Attendants, as may be directed by the Steward and Matron.

Sec. 2. They shall attend the fires kept in the wings, or see that they are properly attended, and shall constantly take care that the halls are properly warmed and ventilated.

Sec. 3. They shall take care of the clothing and bedding of all the patients under their charge, and shall see to the order and cleanliness of every apartment.

Sec. 4. They shall see in the morning that all the attendants rise and commence work at the ringing of the bell, that they attend to their proper duties throughout the day, and that at night the doors are closed, fires extinguished, lamps put out, and every thing properly arranged for quiet and security. They shall never fail to visit the galleries occasionally, especially in the evening, before or after locking up the rooms.

Sec. 5. They shall immediately report to the Superintendent or officers connected with the department, all instances of disorderly conduct and neglect which they may observe, or of which they shall be informed.

Sec. 6. They shall be ready at all times to perform any services which may be required of them by the Superintendent.

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## CHAPTER XII.

### DUTY OF OVERSEERS OF THE LAUNDRY.

Sec. 1. The Overseers of the Laundry, under the direction of the Steward and Matron, shall collect all the clothes ready for washing from the family apartments and from the galleries, on such days as shall be designated, and see that they are properly washed and ironed, and returned to the places from which they were brought, without loss or injury, and in a suitable condition for immediate use.

Sec. 2. They shall take charge of all provisions consigned to their care, see to the cooking, take care of the house and furniture, and keep them in good order, attend to the fires and lights, and secure all the apartments at night before retiring to rest.

Sec. 3. They shall observe all the regulations of the Hospital,

and see that they are observed by all persons employed in the laundry, and they shall immediately report every instance of remissness or neglect of duty to the Steward or Matron.

Sec. 4. They shall be ready at all times to perform any services which may be required of them by the Superintendent.

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## CHAPTER XIII.

### DUTY OF OVERSEER OF THE BAKERY.

Sec. 1. The Overseer of the Bakery, under the direction of the Steward and Matron, shall prepare bread, pastry, and other articles pertaining to their department of cooking, and shall supply each kitchen and the laundry with such quantity as may be required.

Sec. 2. He shall take care of all supplies furnished him for use, and shall be held responsible for the judicious and economical use of them; and he shall keep an account of the supplies received, and the articles furnished to each department.

Sec. 3. He shall take charge of the house and furniture, and always see personally to the fires and lights, and to the opening and shutting of the house.

Sec. 4. He shall observe all the regulations of the Hospital, and see that they are observed by all persons employed in the bakery, and shall immediately report every instance of remissness or neglect of duty to the Steward.

Sec. 5. He shall be ready at all times to perform any service which may be required of him by the Superintendent.

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## CHAPTER XIV.

### DUTY OF OVERSEERS OF WORKSHOPS.

Sec. 1. The Overseers of Workshops, under the direction of the Steward, shall take care of all stock supplied to them, and see that it is economically used and properly manufactured by

the patients under their charge; and they shall keep regular accounts of all stock received and all articles manufactured, sold, or otherwise disposed of.

Sec. 2. They shall exercise a judicious and prudent oversight of all patients under their charge, and shall see them returned to the galleries, or placed in the care of their respective Attendants when their labor is done.

Sec. 3. They shall take care of their apartments and of all stock, tools, and fire therein; shall see to the fires and lights, and that they are properly closed at night.

Sec. 4. They shall be ready at all times to perform any service which may be required of them by the Superintendent.

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## CHAPTER XV.

### DUTY OF WATCHMAN.

Sec. 1. The Watchman shall commence his services in the evening, at half past nine o'clock, and shall continue them until the hour of dinner on the following day. During this term of service he shall be constantly awake, faithful and vigilant in the discharge of his duty.

Sec. 2. Under the direction of the Superintendent, he shall perform a regular patrol throughout and around the Hospital, for the purpose of observing all occurrences, discovering danger from fire, attending to the furnaces, overseeing the Infirmaries, and performing the services which may become necessary in any emergency. In his walks he must be as silent as possible, enter into no loud conversation with any one, and make as little noise as possible. Whether stationary or moving, he must never have a light with him except in a lantern.

Sec. 3. He shall exert the utmost vigilance to guard the Hospital against fires, and if fire is discovered, he shall forthwith notify the Superintendent and other Officers and Attendants, but not give a general alarm.

Sec. 4. In winter, when the weather is cold, he shall keep a fire in at least one furnace in each Wing and in the centre building through the night, and shall visit each of the furnaces at least once in every hour, and regulate the fires according to the temperature. Whenever in moderate weather he shall suffer the fires to go out, he shall always close the dampers; and whenever the fires have gone out, he shall kindle them in the morning, so that all the furnaces shall be in operation by five o'clock. He shall also see that all the necessary fires in the kitchen are seasonably kindled, as may be directed by the Steward.

Sec. 5. In the course of his nightly patrol, he shall look frequently into the Male Infirmary, when there are sick patients in it, keep up a uniform fire when necessary, and render any services which circumstances may require.

Sec. 6. He shall ring the bell in the morning and at other times, as may be directed by the Steward.

Sec. 7. He shall perform all other services which may be required of him by the Supreintendent.

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## CHAPTER XVI.

### DUTY OF FARMER.

Sec. 1. The Farmer, under the direction of the Steward, shall take care of the stock, barn, stables and piggeries, shall see to the careful use and safe keeping of all implements of labor, and to the feeding and proper treatment of all the animals; and he shall have charge of the teams and of all the work done upon the farm.

Sec. 2. He shall be ready at all times to perform any service which may be required of him by the Superintendent.

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## CHAPTER XVII.

### DUTY OF ATTENDANTS.

Sec. 1. The Attendants shall devote their whole time to the Hospital, in the performance of such services as may be enjoined by the by-laws, or as shall be required of them by the officers.

Sec. 2. The Attendants shall rise in the morning at the ringing of the bell, and at once commence the work assigned to them.

Sec. 3. The Attendants stationed in the galleries, on rising in the morning, shall see that the patients are properly washed, that they have their hair combed, and are decently dressed for the day in season for breakfast.

Sec. 4. The Attendants during meals, at which one Attendant shall always be present in each hall, shall prepare the food and distribute it to such patients as are not competent to do it for themselves, and shall see that each one has a proper supply. They shall be careful that no knife, fork or other article be carried from the table by any patient.

Sec. 5. The Attendants in charge of patients, shall never retire to their rooms while the patients are in the halls; and one Attendant shall always remain in the gallery with the patients, and shall not leave under any circumstances, until relieved, except to take meals, and prepare the food for the patients. One Attendant in the South Wing shall look to the galleries on the same floor, when the other is absent at meals. The Attendants on the same floor in the North Wing, shall exchange during meals, so that one may always be present while the other is absent at meals.

Sec. 6. The Attendants shall keep the rooms of the patients and the halls perfectly neat and well ventilated, and they shall have the beds made in proper season in the morning, and the doors of the rooms all closed when the patients are in bed.

Sec. 7. They shall pay particular attention to the water closets, rinsing the pans thoroughly after use, and carefully closing the lid so that no patient can meddle with the same.

Sec. 8. They shall look well to all doors connected with the galleries at bed time; they shall see that the doors of the rooms occupied by the patients are all safely locked, and that the doors communicating with the centre building are all fast bolted, and they shall take care of all lights, it being required that one light in a lantern shall be always kept burning through the night, in the room of the Attendant, or in the adjoining entry.

Sec. 9. The Attendants shall never leave the Hospital without permission from the Superintendent, or from the Steward

or Matron, under his direction, and shall always return by *nine* o'clock in the evening, unless leave be expressly given to stay out longer.

Sec. 10. The Attendants shall never give up the keys of the galleries entrusted to them, nor admit any person into the halls without permission.

Sec. 11. No Male Attendant shall enter a gallery occupied by Female patients, without permission from the Superintendent, Assistant Physician, or Steward.

Sec. 12. The Attendants shall never visit from gallery to gallery, nor proceed to the kitchens, except on business.

Sec. 13. The Attendants shall never place in the hands of patients any razor, knife, scissors, or other dangerous instrument, without permission of the Superintendent or Assistant Physician, and they shall constantly take care that the patients do not obtain possession of any weapon.

Sec. 14. The Attendants in the lodges shall never admit any persons to the buildings except the officers, and those whom they may accompany, and they shall never give their keys into the hands of any persons but the officers without special direction in such cases from the Superintendent or Assistant Physician.

Sec. 15. The Attendants shall always keep themselves well dressed, in neat and clean apparel.

Sec. 16. The Attendants shall avoid the use of profane, obscene or vulgar language, treat each other with uniform civility, never indulge in loud talking or laughing, nor play at any game together, without the permission of the Superintendent. In all respects they shall exhibit a good example to the patients, and shall be held strictly responsible for the bad influence of their conduct.

Sec. 17. The Attendants shall accustom themselves to speak respectfully of the officers and the Institution, and shall inculcate these sentiments in their intercourse with the patients; and they shall sustain and carry into operation all directions and prescriptions for the patients in the most ready and faithful manner.

Sec. 18. The Superintendent shall be authorzied to allow to such attendants as have served one year at least, in the Hos-

pital, to his entire satisfaction, a gratuity for their good conduct, which shall not exceed in any case the sum of eight dollars for males and five dollars for females; but no person who fails to perform any known duty, or who is guilty of gross negligence in any case, shall receive a gratuity.

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## CHAPTER XVIII.

### TREATMENT OF PATIENTS.

SEC. 1. The Officers and Attendants shall invariably treat the inmates with respect and attention, deal with them always in a kind and affectionate manner, speak to them in a mild and gentle tone of voice, and do all in their power to soothe and calm those who may be irritated, and to encourage and cheer such as are melancholy and depressed. Whenever provoked by insult or abusive language, they shall keep cool, forbear to recriminate, scold or irritate, never dictate in language of authority, unless absolutely necessary, never lay violent hands on patients except in self defence, and to prevent their injuring themselves or injuring others, and never inflict a blow. As far as possible, they shall maintain their authority by kindness of manner and dignity of deportment.

SEC. 2. Restraints shall never be put on patients unless by order of the Superintendent.

SEC. 3. Every patient shall be in the charge of some responsible individual at all times, unless permitted to be at large by the Superintendent.

SEC. 4. Whenever a patient is taken from the halls by any person duly authorized, that person shall be responsible for the safe keeping of the patient, until returned to the hall, or entrusted by the Officer to the care of another.

SEC. 5. No patient shall be permitted to go out of the wings except in conformity to the directions of the Superintendent.

SEC. 6. No Officer or Attendant shall report abroad the conduct or conversation of any of the patients.

SEC. 7. No one in attendance upon the patients shall in any

way ridicule them, nor mock or imitate them in such a manner as to wound their feelings, but shall always be regardful of their situation, and treat them with unvarying propriety.

Sec. 8. Whenever a patient commences any improper conversation, or seeks a controversy with any one, the Officer or Attendant in charge must use every effort to check the impropriety by gentle means; but if these fail, more vigorous and effectual measures must be promptly adopted, so as to prevent the commitment of any impropriety or the disturbance of the quiet of the gallery.

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## CHAPTER XIX.

### ATTENDANCE UPON RELIGIOUS SERVICES.

Sec. 1. All persons employed in the Hospital, who are well and can be spared from their duties in the house or in the halls, shall attend evening prayers, and the religious services on the Sabbath, both morning and evening, unless leave of absence be specially granted.

Sec. 2. Officers and Attendants shall take especial care that their demeanor during the services shall be strictly becoming, and worthy of imitation; and it shall be considered a noticeable breach of duty for any one to sleep habitually while present in the Chapel.

Sec. 3. The attendance of patients in the Chapel shall be under the direction of the Superintendent; and all the arrangements which he may direct concerning them, shall be faithfully carried into effect by the other officers and the attendants.

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## CHAPTER XX.

### MISCELLANEOUS REGULATIONS.

Sec. 1. No Officer or Attendant, while connected with the Hospital, shall at any time make use of distilled spirits or intoxicating liquor of any kind, at home or abroad; nor shall

any one of them make use of tobacco, or smoke a cigar or pipe about the premises.

Sec. 2. No company shall be admitted into the galleries occupied by the patients, except by express permission of the Superintendent. All other parts of the Hospital may be exhibited by the Assistant Physicians and the Steward or Matron, at such times and under such restrictions as the Superintendent shall direct.

Sec. 3. All persons who have duty to perform in the Hospital, shall rise in the morning at the ringing of the bell.

Sec. 4. All persons who shall agree to perform service at the Hospital shall be considered as engaged for one year, unless a special contract shall be made for a longer or shorter term; and no person employed at the Hospital shall discontinue service at or after the expiration of the year or term agreed for, without giving to the Steward at least thirty days notice of an intention so to do.

# DIET TABLE,

## FOR THE STATE LUNATIC HOSPITAL.

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### Sunday.

*Breakfast*—Coffee, bread, butter, hash or fish, and potatoes.
*Dinner*—Water, bread, butter, cheese, crackers.
*Supper*—Tea or cocoa, bread, butter, cheese, gingerbread, or plain cake.

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### Monday.

*Breakfast*—Coffee, bread, butter, cold meat, warm potatoes.
*Dinner*—Water, boiled dish, vegetables, pudding.
*Supper*—Tea or cocoa, warm biscuit, butter, cheese.

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### Tuesday.

*Breakfast*—Coffee, bread, butter, hash of meat and potatoes.
*Dinner*—Water, roast meat, vegetables, bread and butter.
*Supper*—Tea or cocoa, bread, butter, cheese, and plain cake.

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### Wednesday.

*Breakfast*—Coffee, bread, butter, warm or cold roast meat, warm potatoes.
*Dinner*—Water, stewed or baked beans, or stewed peas, vegetables or fish and vegetables, pudding, bread and butter.
*Supper*—Tea or cocoa, bread, butter, cheese, gingerbread.

THURSDAY.

*Breakfast*—Coffee, bread and butter, steak, fish or warm beans or peas stewed.

*Dinner*—Water, soup with meat and vegetables.

*Supper*—Tea or cocoa, bread, butter, cheese, pies or cake.

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FRIDAY.

*Breakfast*—Coffee, bread, butter, fresh meat, cold or warm potatoes.

*Dinner*—Water, bread, butter, boiled dish, vegetables, and pudding.

*Supper*—Tea or cocoa, warm biscuit, butter, and cheese.

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SATURDAY.

*Breakfast*—Coffee, bread, butter, hash of meat and potatoes.

*Dinner*—Water, fish salt or fresh, vegetables, boiled rice, bread and butter.

*Supper*—Tea or cocoa, bread and butter, apple sauce or honey.

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At any time all patients have as much bread as they desire. The condiments provided are salt, pepper, mustard and vinegar, for such as desire them.

Toast, griddle cakes, fried pudding, &c., are occasionally used by permission. Milk is used freely. Apples in the season of them are served every day, at dinner—other fruits occasionally. The sick have a prescribed diet.